

ABSTRACT

An automatic, self-energized, length extending, take-up unit for general use in wall hold
down systems. The take-up unit is generally installed as a separate element, independent of
threaded retaining elements of a hold down system. One embodiment includes an internal,
5 preloaded, coil spring to rotate a threaded sliding member relative to a threaded base member,
thereby to extend a height of the take-up unit. A trigger mechanism may be included to prevent
unintended actuation of the unit. Additionally, a safety mechanism may be included to prevent
inadvertent separation of a base member and a sliding member, thereby to prevent loss of a
preload in an energizing spring.

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